

## See Both Sides of the Connecticut River Ride

Total Distance: **33.8 miles**

Elevation Gain: **598 feet**

Degree of Difficulty Index: **598 ft / 33.8 mi = 17.69 ft/mi** Terrain: **Flat**

Killer Hills: **None**

Geographical Region: **South Central Connecticut**

City/Town: **Old Saybrook**

Starting Location: **RR Station parking area in Old Saybrook. From I-95 north use exit 67; @ bottom of ramp continue straight onto Rt. 154 and through the traffic light (Rt. 1 enters from left here); crossing bridge over RR, take first right onto access road into the Saybrook Crossing shopping center and RR station. From I-95 south use exit 68 (Rt. 1 south); follow Rt. 1 south; turn left at traffic light (Rt. 154); cross bridge over RR and take first right into Saybrook Crossing shopping center and RR station. To park, drive through the parking lot and past the RR station.**

Ride Description: **This is a mostly flat ride in Old Saybrook and Old Lyme with some sensational views of Long Island Sound and the Connecticut River. The trip visits Fenwick, Cornfield Point and uses the Baldwin Bridge bike path to cross the Connecticut River. The route visits the DEP Marine Headquarters on Old Lyme's Ferry Road (possible lunch or snack stop) and continues over some great bike touring roads on the return trip. There is an ice cream stop at Hallmark's near the end of the ride.**

Facilities and *Points of Interest*:

<b>Mile</b>	<b>Facilities - <i>Points of Interest</i></b>
0.0	Saybrook Crossing shops; Old Saybrook RR Station (water & bathrooms)
0.2	<i>Beginning of Old Saybrook business district</i>
1.7	<i>Start of tour through North Cove (views)</i>
2.9	<i>Causeway</i>
3.7	<i>Start tour of Fenwick (watch cues carefully to stay on course)</i>
7.1	<i>Cornfield Point</i>
7.6	<i>Interesting views of marshes that abut Rt. 154</i>
9.3	McDonald's Restaurant
13.1	Portable bathroom facilities under Baldwin Bridge near boat launch
13.6	<i>Beginning of bike path over the Connecticut River on the Baldwin Bridge (~ 1.0 mi. long)</i>
15.6	<i>DEP Marine Headquarters: good spot for lunch/snack</i>
15.6+	<i>Ride bikes to end of boardwalk (if not crowded) for sensational view of Long Island Sound</i>
17.1	<i>Old Lyme business district</i>
20.7	<i>Start of great riding on Whippoorwill Rd; smooth surface and gentle turns (a favorite of mine)</i>
24.9	<i>Black Hall Country Club</i>
26.1	<i>White Sands Beach (views); seasonal bathrooms</i>
27.3	Hallmark's ice cream and snacks on the left
28.3	<i>Old Lyme Country Club</i>
30.1	<i>Beginning of bike path over the Connecticut River on the Baldwin Bridge</i>
33.8	Saybrook Crossing shops; Old Saybrook RR Station (water & bathrooms)

**www.ctbikeroutes.org**

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